DIGNITY DENTAL PRACTICE
Family & Cosmetic Dentistry

Sleep Apnea Oral Appliance Care

Your oral appliance is part of medical treatment for snoring or obstructive sleep apnea. Use it exactly as prescribed and keep both dental and medical follow-up appointments so comfort, fit, and treatment effectiveness can be monitored.

WEAR NIGHTLY	MORNING BITE CARE	FOLLOW-UP MATTERS
Use the appliance whenever you sleep as prescribed.	Follow your morning jaw/bite routine if one was provided.	Comfort and effectiveness should be checked regularly.

Daily Use

- Insert, remove, and adjust the appliance only as your dental sleep medicine provider has shown you.
- Do not advance or titrate the appliance beyond the instructions you were given.
- Clean the appliance using the method recommended for your specific device and store it safely in its case.
- Bring the appliance to follow-up visits.

What You May Notice at First

- Temporary morning jaw stiffness or muscle soreness can occur while you adapt.
- Changes in saliva - either extra saliva or dry mouth - may occur.
- Minor irritation of the cheeks, tongue, gums, or teeth should be reported so the appliance can be checked and adjusted.

1545 Saint Marks Plaza, Suite 1, Stockton, CA 95207 | **(209) 957-1244** | **www.dignitydentalpractice.com**

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Oral Appliance Therapy: Safety & Follow-Up

Morning Jaw & Bite Routine

- If you were given a morning occlusal guide or jaw exercises, use them exactly as instructed after removing the sleep appliance.
- Your normal bite should return after the morning routine. If it does not, contact us rather than forcing your jaw or changing the appliance yourself.

Call Dignity Dental Practice If

- Jaw or TMJ pain persists, increases, or interferes with using the appliance.
- Your teeth feel increasingly sore, mobile, or different when you bite.
- The appliance irritates oral tissues, no longer fits, or causes a restoration to feel loose.
- The device cracks, breaks, warps, or an adjustment mechanism stops working.
- Snoring, sleepiness, or other symptoms return despite regular use.

Ongoing Treatment

- Oral appliance therapy should include regular dental follow-up to monitor fit, comfort, bite, teeth, restorations, and appliance condition.
- Your treating physician or sleep provider may need follow-up sleep testing to confirm that treatment is controlling your sleep apnea.
- Do not discontinue prescribed sleep apnea treatment without discussing an alternative with your treating healthcare team.

Sleep apnea is a medical condition. The oral appliance should be managed as part of coordinated care between your dentist and medical/sleep provider.

Questions or concerns?
Call Dignity Dental Practice at (209) 957-1244.

Patient education based on American Academy of Dental Sleep Medicine patient resources, treatment protocols, and follow-up standards.

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